

We really hope this flyer helps you connect to any help or support you might need. You can find support with food, healthcare, accommodation and more in the city.

Council Support

Manchester City Council Housing Assessment and Advice Line

9am - 4:30pm - 0161 234 4692

Manchester City Council Out Of Hours Support

after 4:30pm - 0161 234 5001

Mental Health Support

Samaritans - 116 123 (free 24 hour helpline)

Text **SHOUT** - to 85258 (free text support helpline)

Childline - 0800 1111 (free 24 hour helpline for under 18's)

If someone is in immediate danger dial 999

Support Services and Food Provisions

Barnabus - 45 Bloom Street, Manchester, M1 3LY (0161 237 3223)

Monday to Thursday - Early Morning Breakfast - 7:30-8:30am

Morning Support Session 9:15-12pm - support, advice, food, showers, clothing

The Booth Centre - Pimblett St, Cheetham Hill, Manchester M3 1ET

(0161 835 2499)

Monday to Friday - arrive at 9am to book activities, access support and food

Cornerstone Day Centre - 104B Denmark Rd, Manchester M15 6JS

(0161 232 8888)

Monday to Friday - 10-2:30pm - support, showers, clothes washing facilities

12-1:30pm Community Lunch

Coffee 4 Craig - The Meanwhile, Unit 5, 153 Great Ducie Street, M3 1FB

(07973 955 003)

Monday to Friday - 6pm-8pm, Saturday and Sunday 5pm-7pm

hot food, showers and advice

Lifeshare - Nexus Art Cafe, 2 Dale St, Manchester M1 1JW (0161 235 0744)

Friday - 7am-11am, Saturday and Sunday - 7am-9am - breakfast and support

Centrepoint -1 N Parade, Manchester M3 2NH (0161 228 7654)

Monday to Friday -1:30-4pm - support for young people aged 16-25 years old

Audacious Church - Trinity Way, Manchester, Salford M3 7BD

Tuesday - 7pm-9pm and Thursday - 10am-12pm - takeaway meals



Lifeshare (M1 1JW)



Centrepoint (M3 2NH)



The Booth Centre (M3 1ET)



Barnabus (M1 3LY)



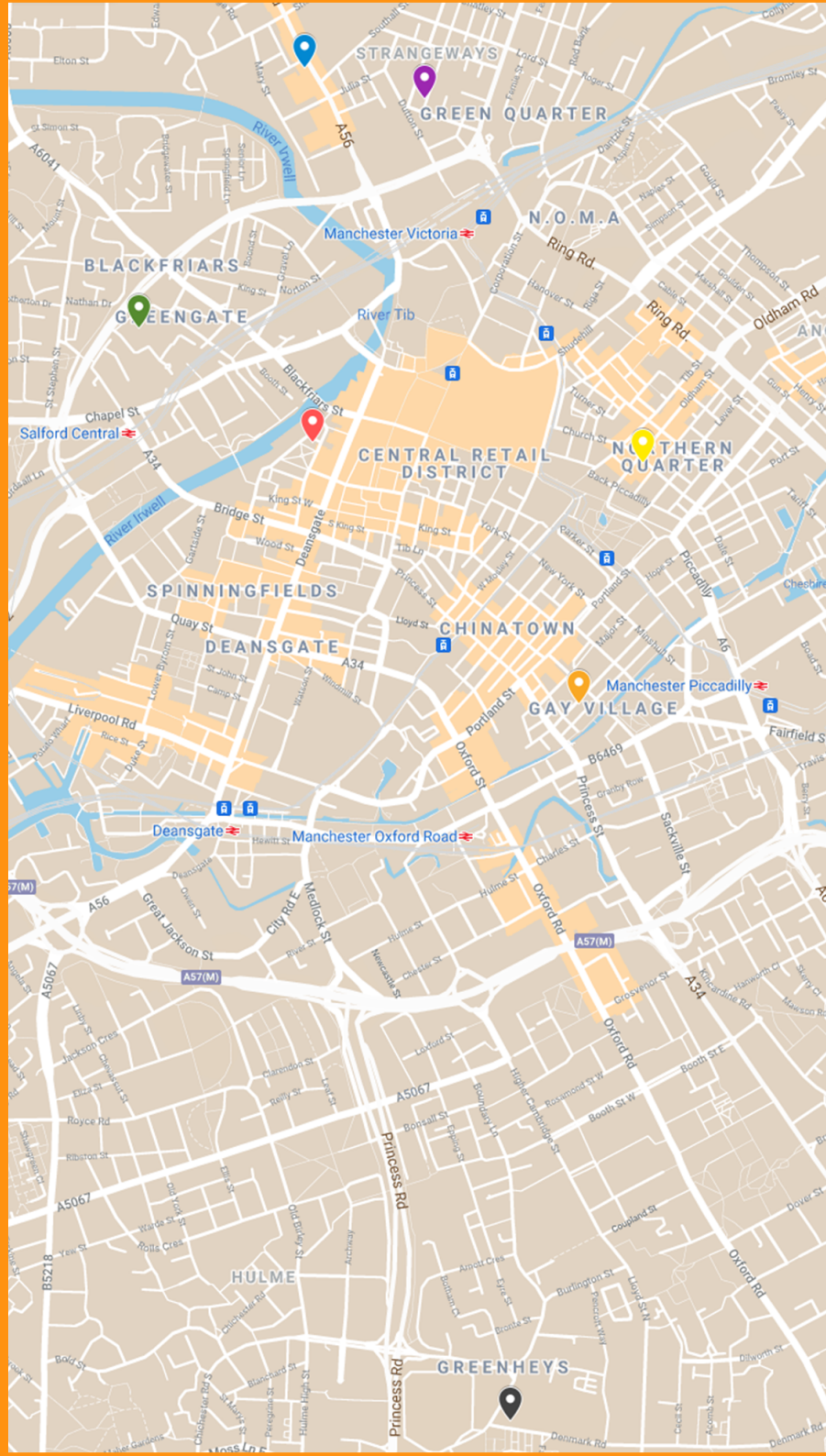
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Lifeshare - Nexus Art Cafe, 2 Dale St, Manchester M1 1JW (0161 235 0744)

Saturday and Sunday - 7am-9am - weekend takeaway breakfast

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